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In the key of 'Peg

Sir Paul McCartney blew away the sold-out crowd at Investors Group Field on Monday — right after he received the key to the city from Mayor Sam Katz.

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DARCY FINLEY/METRO

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Good advice helps couple reduce newcomer uncertainty

Careful planning and advice from Scotiabank helped newcomers Ayan and Sharmistha Kar adapt to the surprises that awaited them in Canada.

When Ayan Kar and his wife Sharmistha first dreamt of moving to Canada five years ago, they knew that careful planning, and a spirit of adventure, would help them succeed. But practical advice from Scotiabank before they left India smoothed the ups and downs of their settlement experience.

"We did research and studied French while waiting for our papers," says Ayan, a software engineer who became familiar with Montreal during a past contract in the city. His wife Sharmistha, a physician, adds that, "I obtained my MBA during the wait, since I thought it could be my 'Plan B' if Canadian medical licensing took too long."

Despite their meticulous homework, the couple says they gained invaluable advice just three months before flying to Canada at a 'Know Before You Go' seminar hosted by Scotiabank. "Honestly, it's thanks to that session that we were ready," says Sharmistha, recalling how the presenters spoke honestly about the professional challenges immigrants can face in Canada.

The couple signed up for the ***Scotiabank StartRight***® Program[1] at the Scotiabank branch in Bengaluru, to apply for a bank account and credit card before leaving India. "They patiently answered our questions about the process and we realized the importance of free banking for one year, since you take transactions for granted at home," says Sharmistha. "They earned our total trust to give them our money, and that they would release it to us at the branch in Canada."

Ayan adds that their finances were handled smoothly on arrival in Calgary by Sonia Matharu, a senior personal banking officer at the Castleridge Centre branch: "We got more than we expected with the ***Scotiabank StartRight*** Program, since our credit card was ready and Sonia gave us tips on housing."

The ***Scotiabank StartRight*** Program includes a free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits.

The couple laughs about other surprises that greeted them. For example, they hoped to live near a brother in Alberta, but he moved to British Columba the day they landed. Also, the couple took odd jobs as a café barista and gas bar attendant to conserve funds until Ayan found a telecomm sector job. "It was actually very nice, since it gave us exposure to normal Canadians and I learned a lot about coffee," chuckles Sharmistha, noting that the Scotiabank seminar prepared them for the possibility of temporary jobs.

Now enjoying life in Montreal, including the Fête des Neiges winter festival, Ayan and Sharmistha are pondering a car purchase and home ownership: "Thanks to Scotiabank we had fewer worries on arrival, and the right expectations, even about the snow."

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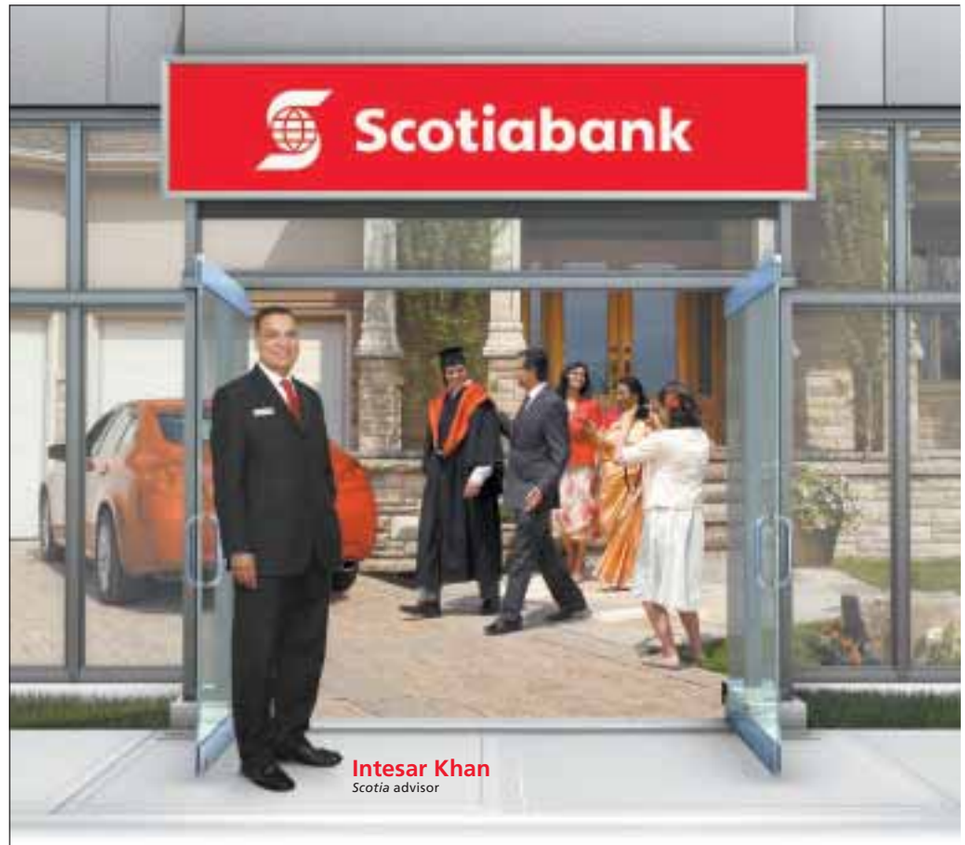

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3. Subject to meeting Scotiabank's credit criteria and security requirements. An unsecured credit card may be available up to certain credit limits; a secured credit card requires security equal to 100% of approved credit limit for Foreign Workers and Permanent Residents and 120% of approved credit limit for International Students. Credit card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority.
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1. The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0–3 years in Canada, International Students and Foreign Workers.

Brian Sinclair

Inquest hears how man who died while waiting in hospital lost his legs

A man who died during a 34-hour wait at a Winnipeg emergency room came close to death just over a year before when he was found frozen to the steps of a church in the dead of winter.

The inquest into the death of Brian Sinclair heard the 45-year-old man had been locked out of his rooming house in January 2007. Sinclair was found frozen in the fetal position several days later.

Dr. Maria Araneda, who treated Sinclair following his admission to hospital, told the inquest Monday that Sinclair's core temperature of 28 C could have been deadly.

"A core temperature of 28 degrees is remarkable," she said. "It was a life-threatening illness."

Sinclair lost both his legs above the knee due to frostbite and had difficulty understanding his new limitations, she said. He was no longer able to urinate on his own and required a catheter.

Araneda said she wasn't confident Sinclair could handle his medication or medical appointments, even with home care help.

"He's a fiercely independent man who doesn't have insight into his functional limitations," Araneda said, reading from her notes at the time.

In September 2008, Sinclair was sent to Winnipeg Health Sciences Centre after he went to a clinic because he hadn't urinated in 24 hours.

He was seen wheeling himself up to the triage area, speaking to an aide and then wheeling himself to the emergency department waiting room.

During his 34-hour wait, Sinclair vomited on himself and stopped moving. Eventually a fellow patient approached a security guard with concerns about Sinclair. By that time, rigor mortis had begun to set in and Sinclair was declared dead.

THE CANADIAN PRESS

This "Flying Fortress" Boeing B-17 is on a visit to Winnipeg at the Western Canada Aviation Museum until Sunday. BERNICE PONTANILLA/METRO

Historic bomber arrives in the city

Goosebumps. Known as the 'Flying Fortress,' B-17 did raids with Avro Lancaster

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

One of the American aviation partners of Canada's famed Avro Lancaster in the Second World War touched down in Winnipeg on Monday for a week-long engagement.

The Boeing B-17, known as the "Flying Fortress," and Lancaster were instrumental in the Allies' victory, with the B-17s conducting daytime raids and the Lancaster at night.

Shirley Render, executive director of the Western Canada Aviation Museum, which will be hosting the plane until Sunday, said this B-17 is one of only two that are still flying in North America.

"Between these two planes (B-17 and Lancaster), many people called them the saviours of democracy," said Render, adding that a Boeing B-17 visited Winnipeg about 20 years ago.

"It's a very rare, historic aircraft. Come out and see it because it could be another 20 years before it comes back."

The Boeing B-17, named Sentimental Journey and featuring a pinup-style painting of the late American actress Betty Grable, is flown by the Commemorative Air Force out of Arizona.

Shelby Bolke, who with her husband Peter of El Paso, Texas, volunteer their time travelling with the B-17, said they do so for all of the people who endured the Second World War, in the conflict areas but also at home.

"It was that generation that gave us and Canada the right to live in a free country," said Shelby, adding that the B-17 gives her goosebumps.

"This was the plane that they really credited with winning the war in Europe, the air war … B-17s did a lion's share of that bombing."

Gary Doer, ambassador to the United States and former Manitoba premier, and wife Ginny Devine greet kids attending the Winnipeg Aboriginal Sport Achievement Centre's summer camp. BERNICE PONTANILLA/METRO

'Yes, we can'. Local youth ask Gary Doer to deliver message to U.S. president

Gary Doer, Canada's ambassador to the United States and former premier of Manitoba, promised to deliver a message to the most powerful president in the world given to him by a large group of North End kids.

The children at the Winnipeg Aboriginal Sport Achievement Centre (WASAC) asked Doer to deliver a message to U.S. President Barack Obama that they're saying "Yes, we can" when it comes to their education and life goals.

BERNICE PONTANILLA/METRO

METRO CUSTOM PUBLISHING

Transit Tuesday

Weekly Transit News Update

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Villa snaps, cracks, pops into sinkhole

'Sounded like popcorn.' Guard rushes to waken guests as villa in Florida starts falling apart

As windows broke and the ground shook, vacationers who were awakened in their rooms at a villa near Orlando, Fla., soon realized that the building was starting to collapse — parts of it swallowed by a 100-foot sinkhole.

By early Monday, nearly a third of the structure at Summer Bay Resort had collapsed. All 105 guests were evacuated, as were those in the neighbouring buildings. No injuries were reported.

Inspectors remained on the scene Monday to determine whether the two buildings nearby would be safe to enter.

The first sign of trouble came at about 10:30 p.m. on Sunday. Security guard Richard Shanley had just started his shift. A guest flagged him down to report that a window had blown out. Resort staff decided to evacuate the villa.

Shanley said the building seemed to sink by 10 to 20 inches and bannisters began to fall off as he ran up and down three floors trying to wake up guests. One couple with a baby on the third floor couldn't get their door open and had to break a window to get out, he said.

"It's a scary situation," Shanley said, and guests credited him with saving lives by awakening them.

Amy Jedele heard screams coming from one of the adjacent buildings at about 10:30 p.m., and several minutes later, the sounds of sirens. She and her fiancé, Darren Gade, went outside. "That's when you could hear the pops and the metal, the concrete and the glass breaking," she said.

"It sounded like popcorn," said Maggie Moreno, who was visiting with her family. "The building was just snapping."

THE ASSOCIATED PRESS

Employees install barricades around the collapsed building by a sinkhole at Summer Bay Resort on Monday in Clermont, Fla. GERARDO MORA/GETTY IMAGES

A common problem

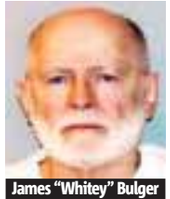
Sinkhole problems are ongoing in Florida. They cause millions of dollars in damage in the state annually.

- On March 1, a sinkhole underneath a house in Seffner swallowed a man in his bed. His body was never recovered.
- Fatalities and injuries are rare; most sinkholes are small.

Boston. Mob boss turned FBI informant convicted

James "Whitey" Bulger, the feared Boston mob boss who became one of the most-wanted fugitives in the U.S., was convicted Monday in a string of 11 killings and other gangland crimes, many of them committed while he was said to be an FBI informant.

Bulger, 83, was charged primarily with racketeering, which listed 33 criminal acts, among them 19 murders that he allegedly helped orchestrate or carried out himself during the 1970s and '80s while he led the Winter Hill Gang.



James "Whitey" Bulger U.S. MARSHALS SERVICE/ THE ASSOCIATED PRESS FILE

Bulger could get life in prison at sentencing Nov. 13.

Bulger was on the run for 16 years after being tipped off — by a retired FBI agent, it turned out — that he would be indicted. THE ASSOCIATED PRESS

Nova Scotia. Mix-up leads to needless mastectomy

Nova Scotia's Capital Health is assuring people changes are coming after two separate mix-ups led to an unnecessary mastectomy and a biopsy.

In the first case, two patients had their reports switched, so one tissue analysis went in the wrong file. This resulted in a woman having a mastectomy.

"She would have thought that she had cancer," said Chris Power, CEO of Capital Health.

She said the mistake was found when the agency's quality-assurance program discerned that the woman's report didn't match her original biopsy.

In the second case, two tissue samples were mislabelled before analysis, resulting in one person having an unnecessary biopsy and another not receiving correct treatment right away.

Power said Capital Health is implementing a bar-code system for lab specimens and a robotic lab that will limit human error.

HALEY RYAN/METRO IN HALIFAX

London ‘smart bins’ trashed for sweeping up smartphone data

The bin who spied on me. The innocuous-looking receptacles are under investigation for phone hacking after reaching more than 4 million devices this year

KIERON MONKS
Metro World News in London

Graphic of a Renew bin extracting the MAC addresses from passing smartphones. The company that has been collecting the information is now being investigated for secretly gathering personal data. CONTRIBUTED

They look like normal recycling bins, with a display screen showing news updates and adverts. But new “smart bins” in London have been secretly harvesting personal data and are now under investigation, in possible violation of European Union law.

The model from technology company Renew has been collecting the unique electronic signatures (MAC addresses) from passing smartphones, reaching more than four million devices in trials this year. The company claims the data reveals the user’s route, frequency of visit, and time at a location, which it would provide for advertisers to personally target consumers.

On Monday, the City of London ordered the company to stop the practice and referred it to the data protection body Information Commissioner’s Office (ICO) for investigation. “Anything that happens like this on the streets needs to be done carefully, with the backing of an informed public,” it said in a statement.

Renew director Kaveh Memari downplayed the investigation, telling Metro the data gathered is “always anonymous.” Memari said the practice was “just a trial at this stage to see if the technology worked to merit a longer term discussion.”

But he may be in conflict with the EU “Cookie Law” that states permission is required to gather personal data, or cookies (tiny individual databases websites used to identity past users). “The majority of opinion is that MAC address and location is personal data and requires consent,” Richard Beaumont, expert on data protection law at The Cookie Collective, told Metro. “Four readings is enough personal information not to be anonymous.”

Beaumont added that it is not a surprise the authorities were unaware as regulation is outdated.

You know you want it?

A spokesman of the U.K. Advertising Association said this type of data gathering went too far, but added most people want tailored advertising. The source noted a 2012 Accenture survey showed just 36 per cent of people objected to being tracked.

Coming to a street corner near you. The Renew bins will have further trials in North America and Asia. CONTRIBUTED

Wallin says she will repay her 'mistakes'

Travel expenses. Yet a Deloitte report says she might have tried to alter her claims after the fact, according to a source

Pamela Wallin says she will reimburse taxpayers for all disputed travel expenses but denied wrongdoing as she claimed all those flights and taxi rides were just part of her job as a busy senator.

"I never intended to seek nor sought reimbursement for travel expenses in any situation where I did not believe such a claim was proper. Where I made mistakes, I have, as you know, already paid money back," Wallin told reporters Monday.

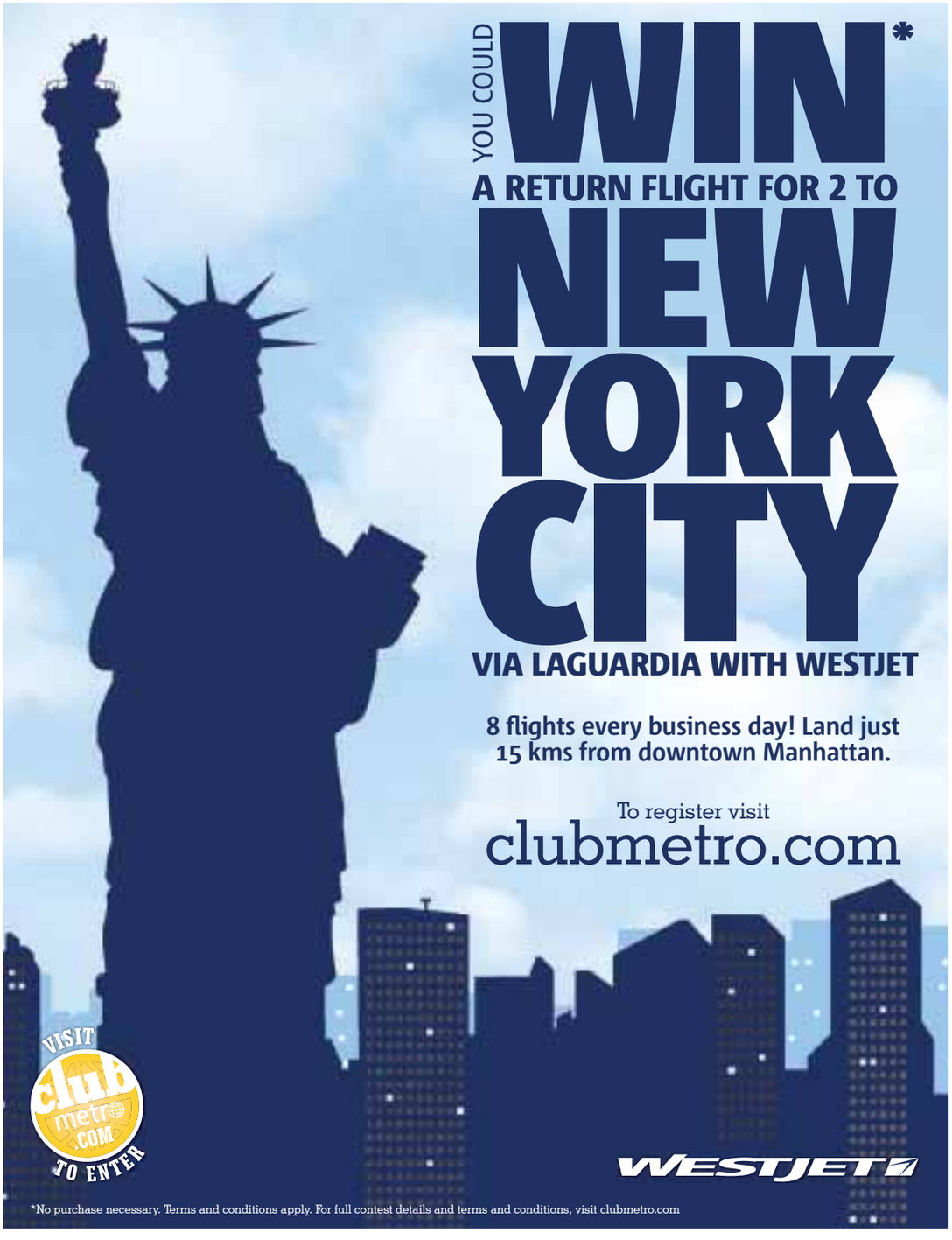
The statement came before Wallin headed into a meeting of the Senate committee on internal economy, budgets and administration, where her colleagues discussed a review of her travel expenses by the forensic accounting firm Deloitte.

"It is my view that this report is the result of a fundamentally flawed and unfair process," said Wallin, who received the Deloitte report Monday. TORSTAR NEWS SERVICE

Accusation

Sources said Monday the report will detail travel costs that Wallin expensed to taxpayers while she was on business unrelated to her Senate duties, including activities related to the boards of directors she used to sit on.

Sen. Pamela Wallin appears at a Senate committee hearing on Monday on Parliament Hill. PATRICK DOYLE/THE CANADIAN PRESS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Alberta. Loosen, don't tighten, exotic-pet laws, owners urge

Alberta owners of exotic pets, both slithery and not, are slamming a pledge by the Harper government to review whether it needs to further regulate Canada's exotic-pet market in the wake of a Maritimes tragedy involving a banned python.

On Aug. 5, police say young brothers Connor and Noah Barthe were both asphyxiated by an African rock python belonging to the owner of a Campbellton, N.B., exotic-pet store.

On Friday, Prime Minister Stephen Harper said his government "will try to ascertain exactly what has occurred, and if there is a federal role, what needs to be done about that."

But while Calgary and area exotic-pet breeders and distributors deem the deaths tragic, they say, if anything, provincial regulations need to be relaxed somewhat.

"This was a freak accident," said Tim Baergen, breeder and owner of New World Reptiles in Calgary.

"Most of the people that I know that keep these animals in their house, they separate reptile rooms," he said. "They all have closed doors; they're almost inescapable."

"Over-control" of animals in Alberta also extends well beyond reptiles, according to Ty Marshall, owner of an exotic-species farm near Vulcan, Alta.

"There's hundreds of species that are illegal that shouldn't be — there's different species of rabbits and hares, things that are not dangerous at all."

He said other provinces are more lax. Ontario and B.C., for example, allow zebras to be owned.

"Why can't I own a zebra?" Marshall asked. "There's basically no difference from a horse." JEREMY NOLAIS/METRO IN CALGARY

Quoted

"Escapes do happen — it's going to happen here and there — but before I leave I make sure my room where the big snakes are is locked."

Breeder Tim Baergen

I dub thee Martin

There's only one Messiah, decrees Tennessee judge

A judge in Tennessee changed a seven-month-old boy's name to Martin from Messiah, saying the religious name was earned by one person and "that one person is Jesus Christ."

Child Support Magistrate Lu Ann Ballew ordered the name change last week, according to WBIR-TV. The boy's parents were in court because they could not agree on the child's last name, but when the judge heard the boy's first name, she ordered it changed, too.

"It could put him at odds with a lot of people and at this point, he has had no choice in what his name is," Ballew said.

Martin DeShawn McCullough, the child formerly known as Messiah. HEIDI WIGDAHL/THE ASSOCIATED PRESS

Messiah was No. 4 among the fastest-rising baby names in 2012, according to the U.S. Social Security Administration.

Ballew said the boy was to be named Martin DeShawn McCullough, which includes both parents' last name.

The baby's mother, Jaleesa Martin, said she will appeal. THE ASSOCIATED PRESS

Waterloo. BlackBerry weighs sale options as review begins

Hopes of BlackBerry returning to its glory days have all but disappeared as the smartphone company delivered the most damning proof on Monday that its new phones are a sales flop, as it moves forward with a plan that could result in the sale of its operations.

The board of directors at the Waterloo-based company launched a review of "strategic alternatives" which it says could also potentially take BlackBerry in other directions, such as a partnership or joint venture.

Regardless of the outcome, the decision throws the company's future into uncertainty. BlackBerry could be scooped up by an interested buyer or even go private — an idea that has gained favour since last week when reports suggested the board has recently opened up to that option, even though it wasn't specifically mentioned in the announcement.

In some ways, the company has been here before, but the stakes are different this time around. BlackBerry launched a softer review of its "strategic business model alternatives" in May 2012, which some analysts had expected would turn into a sale of certain assets. That never materialized and BlackBerry went on to launch its new line of phones in late January.

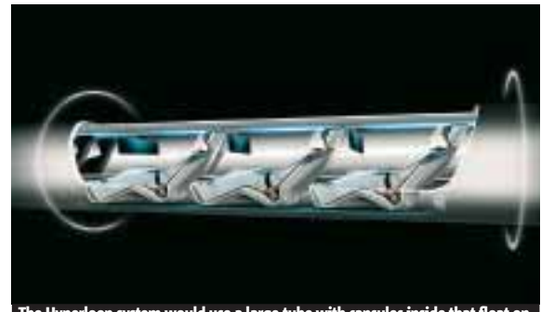
Since then, the new high-end Blackberry 10 devices have struggled to gain favour in the highly competitive smartphone market dominated by Apple's iPhone and the Android devices.

In the U.S., the phones were considered a dud almost as quickly as they hit shelves. THE CANADIAN PRESS

A BlackBerry Q10
THE CANADIAN PRESS FILE

PayPal co-founder reveals Hyperloop transport system

Los Angeles. Concept for travel between big cities uses capsules that move at high speed inside a large tube



The Hyperloop system would use a large tube with capsules inside that float on air, travelling at over 1,126 kilometres per hour. TESLA MOTORS/THE ASSOCIATED PRESS

Billionaire entrepreneur Elon Musk unveiled a transportation concept Monday that he said could whisk passengers the nearly 644 kilometres from Los Angeles to San Francisco in 30 minutes — half the time it takes an airplane. If it's ever built.

His Hyperloop system for travel between major cities would use a large tube. Inside, capsules would float on air, travelling at more than 1,126 kilometres per hour. The air would be sucked by a powerful fan at the front and expelled at the rear.

"Short of figuring out real teleportation, which would of course be awesome (someone please do this), the only option for super fast travel is to build a tube over or under the ground that contains a special environment," Musk wrote in his proposal, posted online.

The system Musk envisions is not unlike the pneumatic tubes that transport capsules stuffed with paperwork in older buildings. In this case, the cargo would be several people, reclining for the ride.

Coming from almost anyone else, the hyperbole would be hard to take seriously. But Musk has a track record of success. He co-founded online payment service PayPal, electric luxury carmaker Tesla Motors Inc., and rocket-building company SpaceX.

Monday's unveiling lived up to the hype part of its name. Leading up to the unveiling, done on the SpaceX website, online speculation was feverish. Musk has been dropping hints about his system for more than a year during public events, mentioning that it could never crash and would be immune to weather. During a Tesla earnings call on Thursday, Musk said he is too focused on other projects to consider actually building the Hyperloop.

"I think I kind of shot myself by ever mentioning the Hyperloop," he said. "I don't have any plans to execute, because I must remain focused on SpaceX and Tesla."

He said he would fulfil his commitment to publishing an open-source design, meaning anyone can use it and modify it. THE ASSOCIATED PRESS

Quoted

"I don't have any plans to execute, because I must remain focused on SpaceX and Tesla." Hyperloop designer Elon Musk

Loyalty program. CIBC seeks to keep half of Aerogold clients

The company that runs the Aeroplan loyalty rewards program said Monday that TD Bank will replace CIBC as the primary credit card issuer in the new year, although CIBC is seeking to keep about half of the current Aerogold customers.

The two rival banks and Aeroplan operator Aimia Inc. have agreed to continue talks and are aiming to have a definitive compromise by Aug. 26, about 2 1/2 weeks after a Aug. 9 deadline for CIBC to match TD's offer.

CIBC said Monday that it's willing to have TD buy the half of the Aerogold portfolio whose clients only have credit cards, but it wants to keep the half held primarily by clients with broader banking relationships.

"In the event an agreement is not reached, CIBC retains its rights to exercise its legal options under the provisions of its existing contract with Aimia," CIBC said in a news release. THE CANADIAN PRESS

New York investigates virtual currency

New York is trying to corral the "Wild West" atmosphere of virtual currencies such as Bitcoin and may create new regulations to keep the growing technology from being used in crimes.

Financial Services Superintendent Benjamin Lawsky's inquiry was confirmed in a memo provided to The Associated Press on Monday.

"We have seen instances where the cloak of anonymity provided by virtual currencies has helped support dangerous criminal activity, such as drug smuggling, money laundering, gun running and child pornography," Lawsky wrote in the memo dated Monday.

He described virtual currencies as a "Wild West" for criminals that could threaten national security.

The memo cites a wide range of companies and investors who received subpoenas for documents and data which Lawsky said will help better understand the burgeoning industry. Among the investors on the list are Google Ventures and another company called Winklevoss Capital Management, with "key personnel" listed as Tyler and Cameron and Winklevoss — the twins who sued Mark Zuckerberg in 2004 claiming he stole the idea for Facebook from a company founded by the Winklevosses and a third person from Harvard.

There was no immediate response to a request for comment from the Winklevoss brothers. THE ASSOCIATED PRESS

Quoted

"We have seen instances where the cloak of anonymity provided by virtual currencies has helped support dangerous criminal activity."
New York's Financial Services Superintendent Benjamin Lawsky

Montreal

Dollarama exec will head up 99-cents Only

Dollarama is losing one of its top executives, who is moving to California to become president and CEO of another discount retailer called 99-cents Only Stores. Chief operating officer Stephane Gonthier will remain with Montreal-based Dollarama for a time to ensure a smooth transition. 99-cents Only Stores had $1.5 billion US in sales last year. THE CANADIAN PRESS

Turkey

Liquor warnings decree 'Alcohol is not your friend'

Bottles and cans of alcohol sold in Turkey must soon bear warnings similar to those on cigarette packages, including the phrase "Alcohol is not your friend." The new regulations about the labels result from a law passed in May that restricts the sale and advertising of alcohol. The law was one reason a wave of anti-government protests hit Turkey in June. THE ASSOCIATED PRESS

Market Minute

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TSX 12,594.27 (+52.14)

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GOLD $1,334.20 US (+$22)

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DECOR DISPUTE HITS HOME

SHE SAYS

Jessica Napier
metronews.ca

After five years, two condos, one basement apartment and a whole lot of rent cheques, my boyfriend and I finally managed to buy a house together. Technically it's more of a townhouse, which means we have a mortgage AND we're obligated to pay hundreds of dollars a month in maintenance fees, but hey, it's something.

The week after our closing date I spent about 18 hours admiring inspirational interiors on various home decor blogs (which are basically porn for new homeowners). I found myself drooling over designer kitchens and impossibly minimalistic living rooms that I could never re-create. I lay awake at night lusting after expensive flush-mount lighting and fantasizing about what sort of table runners I could buy for various themed dinner parties.

At first my boyfriend didn't share my new-found obsession with interior design. His eyes glazed over as I tried to explain the nuanced differences between eight different shades of white, and he took a "whatever you think is best" approach to everything home-related.

But I persisted. I coerced him into weekend trips to Home Depot by explaining that we're no longer lazy tenants and he should take an interest in making our new home our own.

Eventually, my "nest and invest" campaign paid off and I got him to start caring about furniture placement and light fixtures. So you can imagine my disappointment when I realized that he actually didn't agree with 100 per cent of the decorating decisions that I had already executed in my mind (and on my many decor-themed Pinterest boards).

Suddenly he has all of these ideas about bar-stool upholstery and pendants versus pot lights. The white paint colour for the living room is now "too" white and perhaps we should be favouring bronze over brushed nickel in our fixtures. I seem to have created a chandelier-loving monster and it's too late to try and put a lid on his opinions.

We're certainly not the first couple to feud over home furnishings. If you've ever been to Ikea on a Saturday morning you've witnessed plenty of domestic disputes between couples who just can't seem to agree on what space-saving wardrobe solution would best suit their bedroom. Aspelund! Pax! Morvik!

Homes are a collaborative endeavour and couples are bound to come into conflict at some point, whether it's over personal taste or how much money to spend. It's important to remember that cohabitation means compromise. You're not designing a show home; you're creating a livable space to share together.

I'm not sure that my industrial-chic esthetic can ever really jive harmoniously with his rustic cottage meets Palace-of-Versailles vision for our home. But if we're going to bicker over bookcases, at least now we have a place of our own to do it in.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Shelling out for new digs

COURTESY AI KOWADA GALLERY

3D printed shells for hermit crabs

An artist in Tokyo has created hermit crab shells adorned with miniature cityscapes. Aki Inomata used a CT scanner to map the interior of seashells before manufacturing the designs using 3D-modelling software. Among the shapes are New York City's skyline and a Thai pagoda. **METRO**

Q and A

'Changing identity'

AKI INOMATA
Artist, 29, from Tokyo

What inspired you to do this project?
In 2009, I heard about a dispute between France and Japan after an old embassy building in Tokyo was demolished. The two nations debated whose land was it: French or Japanese? Then they agreed to swap control of the land every 50 years.

That made me think about changing identity, and how hermit crabs change their shells as they grow. I wanted to connect the crabs' transformation to our own adaptability, whether it's acquiring a new nationality, emigrating or relocating.

'Anybody can do it.' Mud run benefits United Way

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one:

The first time Dave Ogren and his team of three climbed up and down Springhill on the Dirty Donkey Mud Run, it proved a fearsome obstacle.

The second time the five-kilometre fundraising run took them over the off-season ski hill, it was nothing short of exhilarating.

"Your last trip down, it is essentially a waterslide," says Ogren, who got involved in the obstacle course last year as "the next step" in his development as a triathlete, marathon runner and fundraiser.

But you don't have to be hardcore to join in.

"Anybody can do it and anybody's gonna have fun doing it," says Ogren, who signed up for this year's run benefiting United Way on Aug. 17.

Pulling double duty, Ogren will tackle an extra-tricky version of the obstacle course in the morning, and run the normal course a second time in the afternoon.

"The best way to do it is grab a friend or 17 and have a really good time."

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.

Letters

RE: Questions Mount About New Brunswick Python, published Aug. 9

This is really sad on many fronts. This animal should not have been in Canada to begin with. The man who owned it should be charged and/or put in jail.

The poor animal was killed for nothing. It should have been shipped back to Africa and put back in the wild where it belongs. The whole system is responsible for this tragedy.

Two children were killed because of weak or no laws. This beautiful animal was killed for the same reason, and what will be done about this?

Well, try nothing as usual. Until the government stops allowing this type of thing to happen, until police enforce the laws, until animals are left where they belong, in the wild, this problem will continue to happen all around the world. When you don't enforce your own laws, what do you think is going to happen? Sad indeed because it could have been prevented if people in power had used common sense.

Anthony Silvestro, Ottawa

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

metro

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Disney's wonderful world

D23 attendees check out some of Disney's new animation in Anaheim, Calif. last week. DISNEY/CONTRIBUTED

D23. Metro's Richard Crouse checks out what Disney has on tap at their Anaheim convention

RICHARD CROUSE
scene@metronews.ca

It snowed in Anaheim, Calif., Friday afternoon but it wasn't a freak storm, just a blast of Disney magic at D23, the Mouse House's equivalent of Comic Con.

As Broadway star Indina Menzel sang Let it Go from the upcoming animated film Frozen, artificial flakes fluttered down from the rafters, gently covering the 5,000 faithful fans who gathered for the first of two star-studded early-look previews.

The convention featured more than 200 presentations, panels and concerts, but these sneak peek events, which focussed on Disney's reverence for their past and their commitment to the future, were among the most highly anticipated.

At Friday's event, Disney chairman and chief executive Bob Eiger and chief creative officer John Lasseter were greeted with the kind of audience response usually reserved for rock stars and royal babies.

They unveiled the new short film Get a Horse, which mixes 85-year-old Walt Disney Mickey Mouse sketches and state-of-the art 3D computer animation. It also features a vocal performance from Walt himself, pieced together from old tapes. "Someone has to update his IMDB page," joked director Lauren MacMullan.

Advance looks at The Good Dinosaur, which imagines a world if dinosaurs had survived, Inside Out, a movie Lasseter described as "one of the most unique films I have ever been associated with," and Finding Dory, the sequel to one of Pixar's most loved films, were met with cheers.

Saturday's presentation unveiled teases from Disney's live action slate. Paying tribute to Disney's past, Kenneth Branagh will direct a live action Cinderella, and another film revisits one of Disney's great villains. Maleficent stars Angelina Jolie as the Sleeping Beauty villain, a role she's coveted since youth. "Since I was a little girl Maleficent was always my favourite," she told the crowd. "I wanted to know more about her."

Tomorrowland, a sci-fi film starring George Clooney, was inspired by a box found in the Disney archives. Labelled simply 1952, the "dusty old box" contained a mysterious mishmash of items, including a copy of Amazing Stories magazine and a short animated documentary that inspired Lost screenwriter Damon Lindelof to pen the speculative story.

The most obvious tribute to Disney's legacy is Saving Mr. Banks, which brings the late visionary to life on the big screen. Tom Hanks stars as Walt attempting to buy the rights to Mary Poppins from writer P.L. Travers, played by Emma Thompson. Shot on location at the Burbank Studios where Walt worked, the film is timed to coincide with the 50th anniversary of Mary Poppins.

To Cory, with love: Michele dedicates award to Monteith

Lea Michele accepted the Teen Choice Award naming Glee Best TV Comedy by dedicating it to her late boyfriend and co-star, Cory Monteith. "I wanted to dedicate this award to Cory. For all of you out there who loved and admired Cory as much as I did, I promise that with your love we're going to get through this together," she said from the stage, flanked by her Glee co-stars. "He was very special to me and also to the world. We were very lucky to witness his incredible talent, his handsome smile and his beautiful, beautiful heart."

Lea Michele ALL IMAGES GETTY

Twitter

@ElizabethHurley
Memory Lane today..... in a black leather cat-suit for a new campaign. It's been some time since I've shoehorned myself into one. My son on set- and ecstatic.

@NicholasHoult
I went to a Roller Derby match in Montreal over the weekend, if you get the chance to go then do. Crazy sport and fun people.

@tyrabanks
Forget I was trying to be veggie and ordered some darn meatballs. Shoot!!!

@TheRealRoseanne
That's it! I'm going back to comedy!

Mama Bynes gets busy overseeing Amanda's well-being

Amanda Bynes' mother, Lynn Bynes, has been awarded a temporary conservatorship over her troubled daughter, and she's not wasting any time making decisions.

Her first act? Moving Bynes from her current psychiatric ward, according to Radar Online. "Lynn wants Amanda in a more private facility," a source says. "It could happen as soon as this week. She will get better care at a private facility." The temporary conservatorship, granted late last week, gives Lynn control over decisions about Amanda's health and finances and will be in effect until Sept. 30.

Amanda Bynes

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Did Ben Affleck really visit Lohan in rehab?

THE WORD
Dorothy Robinson
scene@metronews.ca

Lindsay Lohan had a steady stream of visitors while in rehab, including Ben Affleck, who was reportedly considering her for a role in his upcoming film, Live by Night, a source tells Radar Online.

"Lindsay was excited about the opportunity, telling me that she was going to have dark hair in the movie and would have an Irish accent," the source says. "She tried to tell me he was being flirty with her, but that's just Lindsay's way of embellishing because she constantly needs attention."

Apparently the meeting didn't go so well, as a source close to the production insists that Lohan "isn't being considered and won't be in the movie."

I highly doubt that Ben Affleck, who is so beyond A-list that he is practically his own Commandment, visited rehab to interview Lindsay Lohan.

But it is nice to think so, isn't it?

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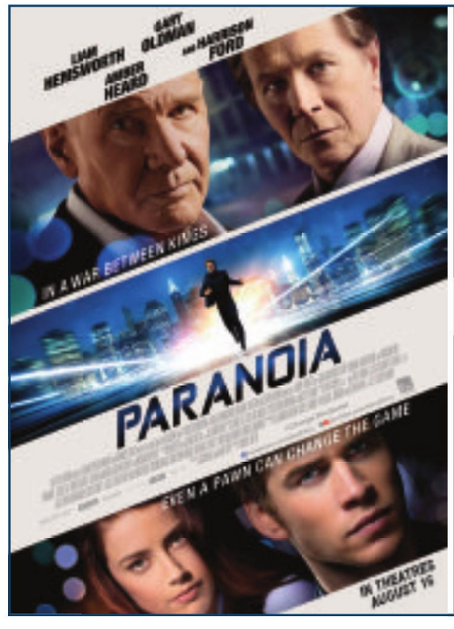

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Get drunk not dehydrated

Cocktails that will get you tipsy but won't leave you hugging the toilet the next day. Drink up!

ROMINA McGUINNESS & RICHARD PECKETT

Sun. Drinks. Beach. Buzz. Heaven. The perfect weekend day. Headache. Dry-mouth. Pass out. Vomiting on the car ride home. The usual weekend evening.

To help you stay on track, we asked Orlando Marzo, mixologist and bartender at The Player in Soho, London, to share his top hydrating cocktails.

The Journey

A mix of Bacardi superior and Martini rosato, with a splash of Mezcal, honey and lemon juice. Revitalizing taste and delicate botanicals aroma.

Swizzle

A Caribbean classic. This rum-based drink is made with lime Falernum, angostura bitter, lime juice and sugar syrup. Serve tall with crushed ice. Sensationally refreshing.

Sosho Cooler

Finlandia mango vodka and crisp Sauvignon blanc, shaken with muddled red grapes, fresh lemon and apple juices.

New Orleans Cobbler

Rye, orange, pineapple, lemon, bitters and pastis. A punchy cocktail with a fruity twist.

Grapefruit Julep

Finlandia grapefruit shaken with fresh pink grapefruit and lime juices, honey, grenadine and mint.

Drink up

Refreshingly drunk

RICHARD PECKETT
Metro World News in London

With hopes of becoming liquored up large, I set off for The Player, a '70s-style cocktail joint located in the trendy Soho, London, where I'm greeted by Simon Aukett, 27-year-old mixologist and my personal barman for the evening.

A gentle opener – the Sosho Cooler

It's the fruit salad of the cocktail world, made with palette-tickling flavours, such as grapes, lemon, mango and apple. No misleading marketing here — it's undeniably refreshing, thanks to its sweet crisp flavours.

A sharp shot – the Grapefruit Julep

If you're after a bitter bite, go for the Julep. Its double hit of grapefruit and lime produce a more sophisticated taste than the Cooler, while the addition of honey sweetens this drink's tart edge.

Time for a Swizzle

This rum-heavy beverage is no girly number, but with roots in the Caribbean, it's got all the makings of a mellow summertime tipple. Though be warned, it's made with a tongue-tingling slug of El Dorado rum.

New Orleans Cobbler — rye not?

This one is for the more cultured palette, with its strong nutty flavour that lingers from first sip to final swallow.

It's all thanks to the rye, but it's the dry Italian digestif Campari that gets you salivating.

The Journey...comes to an end

Created by The Player's head barman, The Journey is a fittingly titled drink for the end of my cocktail quest. I struggle to take my lips away from this one, with the earthy taste of Mezcal trickling from tongue to throat, while the lemon juice gives it an invigorating jolt. Sodden but not sozzled, I amble away into Soho, with a numb, tipsy euphoria.

As for cocktail hydration, a doctor would deplore any suggestion, but the sensation is unquestionably more pleasant than that of a loutish night on the lager.

Keep backyard dishes simple with two-step corn salad

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

While we're still grilling, you can't beat barbecued corn on the cob. This salad is great on its own or serve with either grilled beef, chicken or tiger shrimp.

Barbecued Corn and Roasted Red Pepper Salad

This salad serves four. ROSE REISMAN

Ingredients

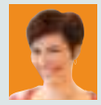
- 3 fresh cobs of corn – husks removed
- 1 small red pepper sliced in half – seeds removed
- 1/2 cup diced red onion
- 1/2 cup chopped fresh basil
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

1. Preheat your barbecue to medium-high heat. Grill the corncobs and bell pepper halves on a medium heat for about 12 to 15 minutes, or until the corn and peppers begins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl. Peel the peppers, dice and add to bowl.

2. Add the red onion, basil, oil, cider vinegar, jalapeno, garlic, and salt and pepper to the corn mixture and stir to combine.

Health Solutions

The science of aging



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The health science community is abuzz with a thing called telomeres (pronounced tea-low-mere-z) that are in every cell in your body and the health of which are an indication of the aging process.

The discovery of telomeres won the Nobel Prize in 2009 and they can now be tested so your cells actually tell the story of your biological age. There are foods and activities that factor into telomere protection:

Consume High nutrient, low calorie foods like:

- Blueberries
- Kale
- Fresh herbs
- Whole grains like quinoa and millet
- Beans and pulses
- Nuts and seeds
- Avoid processed sugar and flour
- Manage stress and sleep

Experts say that one of the most important things you can do to prevent the aging process of telomeres is to avoid "R and R"— red and rumination.

Learn how to relax and take things in stride instead of seeing red and stop ruminating on stressful events that have already passed; let them go.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Good things come in mini bites

This recipe makes 12 mini burgers. COURTESY DAIRY FARMERS OF CANADA

1. Shred carrot and grate cheese.

2. Preheat barbecue grill or broiler to medium-high. If using broiler, butter a foil-lined rimmed baking sheet.

3. In a large bowl, combine carrot, bread crumbs, tomato paste, egg, 175 ml (3/4 cup) of cheese, salt and pepper. Stir with a fork until blended. Add beef and blend using a fork just until combined; do not over mix. Shape mixture into 12 patties, each about 6 cm (2 3/4 inches) in diameter and 1 cm (1/2 inch) thick.

4. Place patties on a greased grill or prepared baking sheet. Grill, covered (or broil), for about 5 minutes or until juices rise to the surface. Flip over and cook for 3 to 5 minutes or until an instant-read meat thermometer inserted in the centre registers at least 70 C (160 F) and burgers are well done. Sprinkle with remaining cheese and cook for 1 minute or until cheese is melted. Meanwhile, split buns and toast, if desired.

5. Place burger patties on buns and garnish as desired.

DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)

Nutritional analysis

212 calories, 13 g protein, 14 g carbohydrates, 11 g fat, 1.3 g fibre, 276 mg sodium

Ingredients

- 1 small carrot
- 1 cup (250 ml) Canadian old cheddar or marble cheese
- 1/2 cup (125 ml) dry bread crumbs
- 1 tbsp (15 ml) tomato paste
- 1 egg
- 1/4 tsp (1 ml) each, salt and pepper
- 1 lb (450 g) lean ground beef
- Twelve 2 to 3-inch (5 to 7.5 cm) whole wheat dinner rolls or mini hamburger buns
- Lettuce, sliced tomatoes, sliced pickles or other condiments

Dinner. Spice-Rubbed Chicken Breasts

1. Set the chicken breasts on a cutting board and slice horizontally across the piece to create 2 thinner halves. One at a time, cover each half with plastic wrap then use a meat mallet to pound to an even thickness. Drizzle the pounded halves with the olive oil and rub all over.

2. In a small bowl, combine the brown sugar, cumin, garlic powder, onion powder, paprika, thyme, salt, pepper and allspice. Rub the mixture over both sides of each of the 4 pieces of meat.

3. If cooking on the grill, heat to medium high. Cook for 2 minutes per side. If cooking on the stovetop, in a large skillet heat 1 tablespoon of canola oil over medium-high. Cook for 2 to 3 minutes per side, or until the chicken reaches an internal temperature of 160 F. Let rest 5 minutes. THE ASSOCIATED PRESS

Ingredients

- 2 boneless, skinless chicken breasts (about 1 lb)
- 1 tbsp olive oil
- 1 tbsp brown sugar
- 1 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp sweet paprika
- 1/2 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp ground allspice

Too many money rules? Here's a few more

Alison on money. So we're a bit obsessed with lists these days — here's some that can really help

YOUR MONEY
Alison Griffiths
money@metronews.ca

How many money rules do you need? That's the question posed by Marie Engen in the Aug. 6 online issue of Boomer & Echo: Financial freedom at any age (boomerandecho.com).

Engen correctly notes that money rules are proliferating like weeds in today's list-obsessed media. For example, both Money Magazine and Forbes recently published 20 rules of money.

There's also plenty of books touting rules of money, the champion author being Canadian Gail Vaz-Oxlade with a staggering 261 rules.

For fun, I searched rules of money on the Internet and came up with a mere 830 million hits. (I confess that a few of those hits might be my own lists of rules.)

Engen amusingly turns the discussion on its head by comparing the plethora of financial books on the topic to diet books.

She points out that there are basically only two ways to manage your weight.

1. Don't gobble up more calories than you expend.
2. Quit eating junk.

Similarly, Engen offers just two essential rules for managing money.

1. Spend less than you earn or live below your means. (Doesn't this sound like the first rule of eating?)
2. Save something for the future. Squirrels do this, so should people.

While I hate to add to the list mania, I'd include just one more.

3. Quit buying junk. By junk I mean superfluous possessions and poor quality stuff. This includes expensive and under-performing mutual funds.

I try very hard to follow this third rule, nonetheless I am chagrined when I do a mental review of purchases to realize that at least 10 per cent of what I buy, be it food, clothing or household items, either isn't worth any amount of money or, worse, isn't something I really need or even want.

The best part about adhering to these three simple rules is that they aren't difficult to follow.

In fact, they quickly become habitual like morning coffee or a dog walk before bed.

Even better, once you make this trio a habit the rules are self-perpetuating. Living within your means leads to saving. Buying less junk also frees up cash for saving.

And put together, these rules lead directly to a far more satisfying life. And isn't that the goal we all seek?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Save for the future. Squirrels do it. Aren't you as smart as a squirrel? ISTOCK IMAGES

Are you really my friend?

Photographer. Tanja Hollander travels the world to meet all of her Facebook friends

ERIKA PADRÓN AND CYNTHIA VALDEZ
Metro World News

Tanja Hollander, a photographer in the U.S., has amassed nearly 700 Facebook friends, but she's never met many of them in person.

And so, she went on a huge journey in the hope of turning her online relationships into something more real. Metro Mexico interviewed the 41-year-old Maine native to find out more about her photo project titled Are You Really My Friend?

What is it like to travel and visit more than 700 friends?
It's been really interesting in every way. I'm about halfway through so there's still 300 more to go. I'm still surprised about how many homes I've been to and how generous people are, especially the people that don't have a lot. They're willing to share what they do have, whether it's food, wine or introducing me to their friends and family, or just making some extra space at home for me to sleep.

Do you tell them you are going to visit, or surprise them?
Yes, I email everybody first.

So, how did you come up with the idea of visit all your Facebook friends?
On New Year's Eve in 2010, I was writing a letter to a friend in Afghanistan and at the same time instant-messaging with a friend who is working in Jakarta. I started thinking about those two friendships and the different way of communicating because they were in opposite places in the world. They're from different parts of my life. Both friendships and ways of communicating are important to me. So I started to think about how we talk with so much technology and how much of our lives is so "photographable".

We know your friends let you stay at their homes but how much money have you spent so far?
A lot! I don't know, that's a good question. It's been a lot. I started this project with a low budget, I could make another project on how to travel with not a lot of money.

Where did you start and which cities have you visited so far?
I started travelling in April 2011 and I've been to a hundred U.S. cities and towns across 43 states. There's nine overseas destinations left to go in Europe, Asia and New Zealand.

What's been the hardest part of this journey?
Scheduling is really difficult, to make sure I'm in the city my friends are from. Maybe they are not home or not available. Sometimes it's hard to keep up with everything, It's also incredibly difficult travelling alone and trying to remember everything.

When do you think you're going to finish this journey?
Hopefully within a year or two. It really depends on how much money I can raise because I have to stop and raise money, which takes time.

Since you started your project, has your Facebook list of friends changed?
Yes, the numbers are going crazy. But I don't accept requests from people I don't know. Some of them deleted me but I don't know why.

Do you have a better definition of a digital friendship?
I think there are different kinds of friendship: there are some friends you call in the middle of the night and the kind of friends you go to the movies with, but there's also the friends you have only by emails or texts. Having a multitude of different kinds of friendships is really enriching.

Are you planning to make an expo besides publishing your photos on Facebook?
Yes, I post everything online in Facebook and in my blog and in the end I'm planning to have an exhibition at a museum.

Tanja Hollander CONTRIBUTED

J.A. Happ surrendered one run in seven innings with no win to show for it as the Blue Jays lost 5-1 to the Athletics on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Happ-less Blue Jays waste solid start

MLB. Toronto lefty in fine form, but team still loses to A's for third time in the series

J.A. Happ gave the Toronto Blue Jays everything but a win Monday afternoon.

Alberto Callaspo doubled in two runs in a four-run ninth inning to power the Oakland Athletics past Toronto 5-1 at Rogers Centre. The win gave the A's (67-50) three of four against the Jays (54-64).

On Monday

Athletics	Blue Jays
5	1

The defeat was a bitter pill to swallow for Happ, who is also mourning the loss of his grandfather. Happ allowed three hits, two walks and one run while striking out six over seven innings in his second start since being hit in the head by a line drive May 7 at Tropicana Field.

"I definitely had a heavy heart," Happ said. "I tried to use it.

"I probably had a little bit of a different attitude, a little different outlook given the past few days. But I felt good and (I'll) be glad to get with the family this week."

Happ was put on the three-day bereavement list after the game. The only run he surrendered came on the first hitter he faced as Chris Young belted his 10th homer this season and fifth by Oakland to lead off a game.

After walking Young to lead off the third, Happ retired 14 consecutive batters until Callaspo hit his first double of the game with two out in the seventh.

Oakland right-hander Dan Straily held Toronto to six hits and one run over 7 1/3 innings. Reliever Ryan Cook (5-2) pitched two-thirds of an inning for the win.

Callaspo knocked in two runs off Toronto closer Casey Janssen (4-1) with his second double of the game. Stephen Vogt singled in another and Eric Sogard hit a sacrifice fly.

THE CANADIAN PRESS

CFL

Bellefeuille joins Blue Bombers coaching staff

The Winnipeg Blue Bombers added former CFL head coach Marcel Bellefeuille to their offensive coaching staff Monday.

"Marcel is a very experienced coach who has had lots of success on the offensive side of the ball as a position coach, a co-ordinator and a head coach," Bombers head coach Tim Burke said in a statement. "He will add experience to our staff and will be another voice in our offensive meetings who our offensive staff can lean on to provide us with new insights and ideas thanks to his wealth of knowledge at the CFL level."

Marcel Bellefeuille
THE CANADIAN PRESS

Bellefeuille returns to the CFL after spending three seasons as the Hamilton Tiger-Cats' head coach from 2009-11. He was originally hired by the Ticats as their offensive co-ordinator in 2008 after spending time in that capacity with the Montreal Alouettes and Saskatchewan Roughriders.

Bellefeuille began his CFL coaching career in 2001 with the Roughriders.

Before joining the CFL, Bellefeuille won a Vanier Cup as head coach of the Ottawa Gee-Gees in 2000. He spent last season as a receivers coach with the United Football League's Omaha Nighthawks.

THE CANADIAN PRESS

Young hockey player collapses, dies at tryout

The Titan's Jordan Boyd in a 2013 training-camp portrait.
DANIEL DOUCET/QMJHL/THE CANADIAN PRESS

A 16-year-old prospect for the Acadie-Bathurst Titan junior hockey team died Monday after he collapsed during tryouts with the club.

Photi Sotiropoulos of the Quebec Major Junior Hockey League said Jordan Boyd felt some discomfort during a wind sprint at a rink in Bathurst, N.B.

A first responder attempted unsuccessfully to revive Boyd before he was taken by ambulance to the local hospital, where medical staff determined he had died, Sotiropoulos said.

An autopsy has been ordered to determine the cause of death.

Sotiropoulos said the youth completed a full medical evaluation and was cleared to compete by the team doctor before the training camp began.

Quoted

"He was an excellent hockey player. He had quite a potential career and life in front of him."

Paul MacIsaac, past president of the Bedford Blues, on young hockey player Jordan Boyd.

"It's very odd this would happen," he said, adding there has only been one other training camp death in the league's 30-year history.

"It was horrifying news this morning. When you find out he was just 16 years old, that I think is the most tragic part."

He said the young man's father was watching the workout when his son collapsed. The family declined comment through the team.

The five-foot-11 forward is described by a former president of his minor hockey club in Halifax as a gifted player who had a bright future in the game.

Paul MacIsaac, past president of the Bedford Blues, said Boyd had improved his offensive skills during his bantam season in 2011-12.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
A friend will need cheering up today and you're the right person for the job. No one is happier than you, so be who you were meant to be and let some of those good vibes rub off on those around you.

♉ Taurus
April 21 - May 21
If you get the urge to change direction, do so. Others will complain because it throws their plans into confusion, but what's that to you? Be honest to who you are.

♊ Gemini
May 22 - June 21
Even things that go wrong are part of cosmic design, so don't get too upset if your plans don't work out the way you had hoped over the next 24 hours. It's all good — always.

♋ Cancer
June 22 - July 23
Do something that grabs the attention of important people and keep doing it until you get the recognition you deserve. If the planets are to be believed, it won't be long in coming.

♌ Leo
July 24 - Aug. 23
It won't take much of an effort to get on top of your workload today but can you be bothered? Hopefully you will overcome your lethargy because once you start, you won't want to stop.

♍ Virgo
Aug. 24 - Sept. 23
You can turn any situation to your own advantage now, even those that seem to be going against you. With Mercury, your ruler, linked to power planet Pluto, you are in no mood to give up.

♎ Libra
Sept. 24 - Oct. 23
Certain people are gossiping about you but is it such a big deal? And would you prefer it if no one took any notice of you? If they're talking about you then you must be doing something special.

♏ Scorpio
Oct. 24 - Nov. 22
Honesty is a virtue. But if you are smart you will hold off telling the world what you know today, especially if it involves a friend who might be hurt by the revelations.

♐ Sagittarius
Nov. 23 - Dec. 21
With the Sun in your fellow Fire sign of Leo, you can easily persuade friends and work colleagues to do tasks for you. Sit back and let them do all the hard stuff. They'll be happy and so will you.

♑ Capricorn
Dec. 22 - Jan. 20
Don't act as if time is a factor, because it isn't. Whatever the task you have to compete today, the important thing is that you get it 100 per cent right — however long it takes.

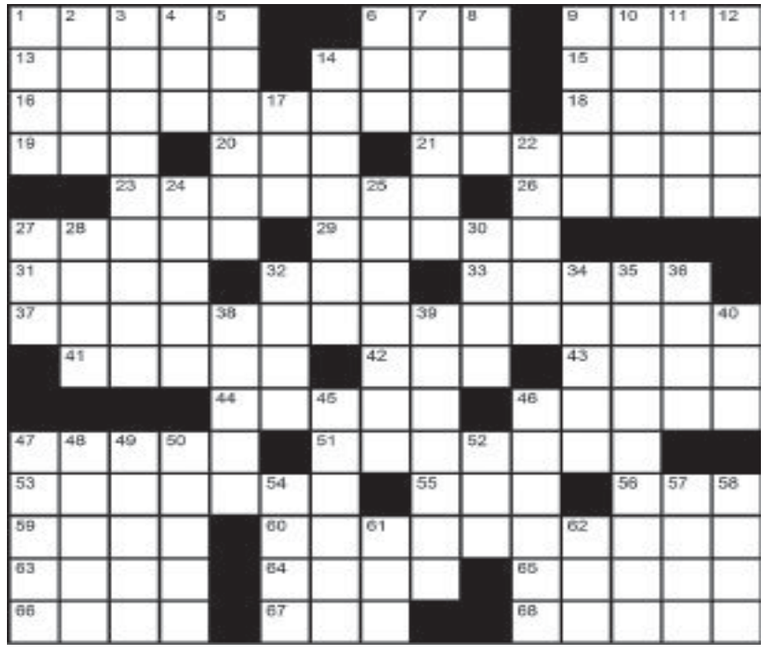
♒ Aquarius
Jan. 21 - Feb. 19
If someone takes you into their confidence today, you must not betray their trust by passing the information on to others. If you do, they will never trust you again. In fact, you'll always be the last to know.

♓ Pisces
Feb. 20 - March 20
You may be tempted to help a friend cover up some kind of transgression but the planets warn it's not a smart move. Let them know that the problem is theirs to resolve. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



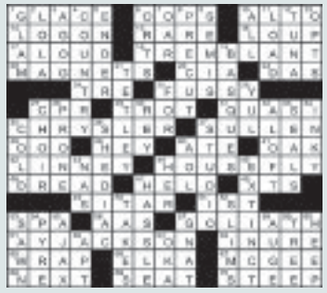
Across

1. 9:30am and 2:45pm
6. "It's Like That" by Run-_ _ _
9. Ms. Turner
13. On _ __ (Is winning)
14. "Bye!"
15. Equal: French
16. 1980 golf comedy
18. __-de-camp
19. Pop group, __ Direction
20. 7th Greek letter
21. Streaming media provider
23. Stone of hieroglyphics
26. Open court hearings
27. Conform
29. Himalayas land
31. Ancient Egypt: Son of Ramses I
32. Sales pro
33. House toppers
37. What an athlete might lose because of steroid use: 2 wds.
41. Special snack
42. Tic-__-Toe
43. Associations [abbr.]
44. Administered, as medication
46. Healed
47. Annie Lennox hit: "No ___ Love You's"
51. Saint Joseph's __ (Montreal church/tourist attraction on Mount Royal)
53. Famous hotel in Ottawa, Fairmont __ Laurier
55. Big noise
56. Scoundrel
59. "Fame" (1980) star Irene
60. Norwegian, for one: 2 wds.
63. Portland, __.
64. Clue
65. Ebb and neap
66. Agile or lively
67. Compass dir.
68. Purges

Down

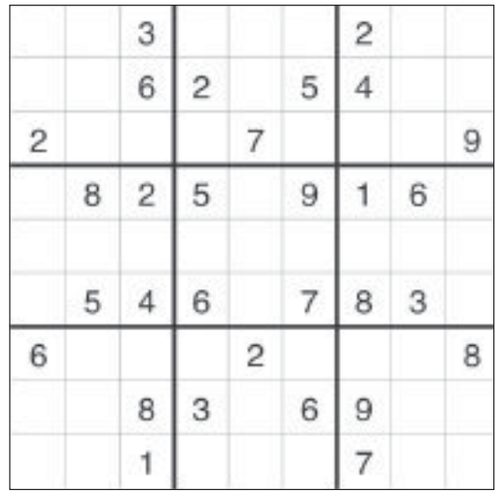
1. Old El Paso kit component
2. Tehran's land
3. Whoopi Goldberg's job on "The View"
4. Yore
5. Most cunning
6. Day: Spanish
7. Pre-Confederation: Premier of the Province of Canada, from 1854 to 1856, Sir Allan __ (b.1798 - d.1862) ...also the great-great-great grandfather of Prince Charles' wife Camilla
8. Pepsi competitor
9. Like Romaine lettuce
10. Nimble
11. Low point
12. Mr. Trebek's
14. Gab
17. Sault __. Marie, Ontario
22. Go from bottom back up __ __
24. Sound off
25. Informant
27. Beast of burden
28. Store section, shortly
30. Mr. Clapton
32. __-Rooter
34. Scent
35. Get to BC's coastal islands from the mainland by way of one: 2 wds.
36. Greenish hue
38. The Beatles' "Sexy __"
39. Tried some: 3 wds.
40. '60s hallucinogenic
45. Manitoba town
46. Bill Haley's backups
47. Doctor on "Star Trek"
48. Family in "Gone with the Wind" (1939)
49. More unique
50. Story, in a house, in French
52. Thanks, to Brits
54. Patient's pain
57. Afresh
58. D'Urbervilles heroine
61. Feminine 'one' in French
62. Sass

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 24° MIN: 11°	MAX: 27° MIN: 14°	MAX: 30° MIN: 17°

BT BREAKFAST TELEVISION

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WEATHER SPECIALIST
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